

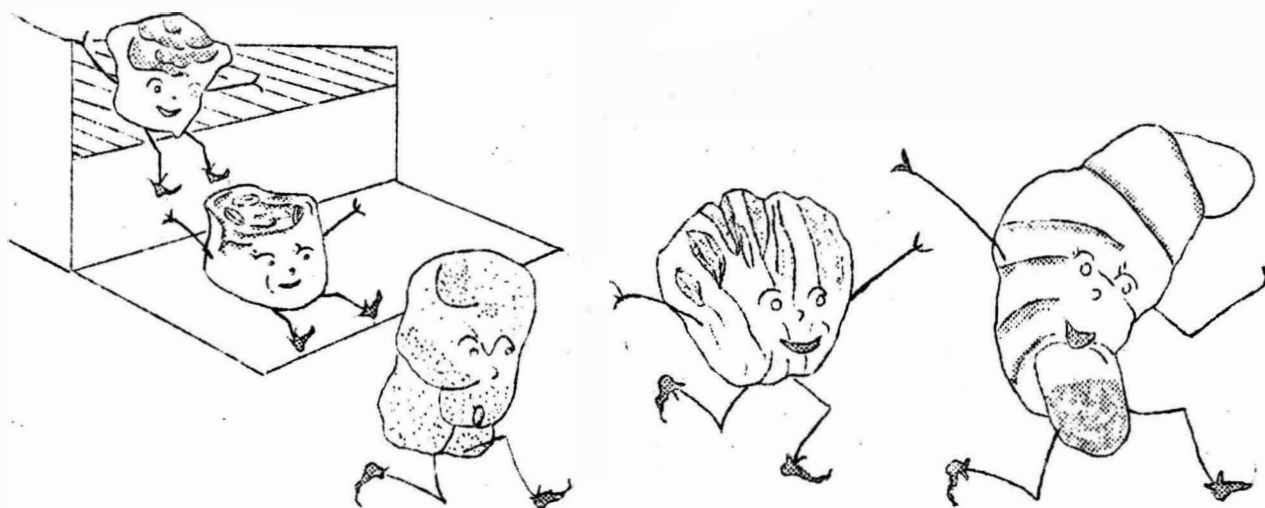
UNIVERSITY OF HAWAII
COLLEGE OF AGRICULTURE
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COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
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HONOLULU

HASTY HOT BREADS

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These suggestions for quick and easy hot breads are offered for those many homemakers who are engaged in outside or part-time employment which make minutes and motions count when they are at home preparing meals. These hasty hot breads are selected also so the younger members of the family can truly be "mother's helpers."

When the youngsters or the head of the household receive the satisfactions of an acceptable job quickly accomplished in the kitchen, the whole family accepts the treat with increasing appetite. Success in cooking with commercially prepared packaged foods helps girls and boys to develop new skills, new interests, and assures better cooperation in other home activities.

Ways of performing magic with mixes, ways to glamorize bakers' breads, new interests for biscuits ready cut for the oven, and new, unexpected taste appeal touches for canned bread are offered in the following pages.

Hot Rolls - Start with a good, packaged baking-mix, using yeast; make your own quick roll mix; or use any basic yeast dough of your choice to make the following hot rolls:

HOME-MADE QUICK ROLL MIX

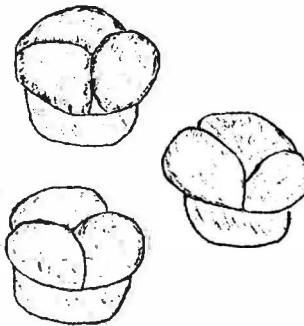
Ingredients: Sixteen cups sifted flour; 2 tablespoons salt; 1/2 cup sugar; 2 cups nonfat dry-milk; 1 cup shortening which does not require refrigeration.

1. Stir together, then sift dry ingredients 4 times.
2. Cut in shortening with pastry blender, finger tips, or electric mixer until it resembles coarse crumbs.
3. Store in a covered container at room temperature. Mix will keep about two months. (To measure mix, pile it lightly into a measuring cup and level with a spatula.) This quantity recipe makes about 20 cups of mix.

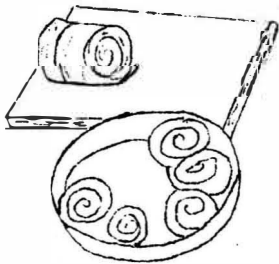
Dinner Rolls from Home-Make Roll Mix: Sprinkle 1 package of active dry yeast into 1 cup of warm water. Stir until dissolved. Stir in 3-3/4 cups of quick home-made roll mix, as given on top of this page. Turn out on a floured board and knead until smooth. Place in a greased bowl, cover and let rise in a warm place until double in bulk. Shape into rolls, place in greased pan and let rise in a warm place until light. Bake 15 minutes in a hot oven (425° F.). Makes 2 dozen rolls.

Below are listed some of the many different variations of rolls that may be made with the yeast dough from this quick roll mix.

Cloverleaf Rolls: Shape dough into small, round balls, about 1 inch in diameter. Place three balls in each cup of greased muffin pans. Brush with melted fat. Let rise until double in bulk. Bake about 15 minutes at (425° F.).



Lucky Clovers: Form rolls into smooth balls. Place one in each cup of greased muffin pan. With scissors, cut rolls in half, then in quarters, cutting almost through to bottom of rolls. Brush carefully with melted margarine or fat. Cover and let rise until double in bulk. Bake about 15 minutes in hot oven (425° F.).



Cinnamon Rolls: Roll dough into rectangular shape, about 1/3 inch thick. Brush lightly with melted margarine or fat. Sprinkle with 5 tablespoons sugar, 2 teaspoons cinnamon and 1/2 cup raisins. Roll up tightly like a jelly roll. Cut with a sharp knife into slices about 1 inch thick. Place cut side up about 1 inch apart in greased, shallow baking pan or in muffin cups. Let rise until double in bulk. Bake for about 20 minutes in hot oven (425° F.).

Honey-Cinnamon Loaf: Roll dough into rectangle, 1/4 inch thick. Brush with melted margarine. Spread with 1/3 cup of honey. Sprinkle with 1 tablespoon of cinnamon. Roll as for jelly roll. Place in greased loaf pan. Let rise. Bake in a hot oven (400° F.) for 45 minutes.

BISCUITS

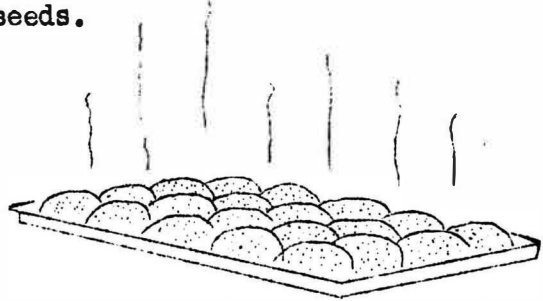
Biscuits come rolled, cut, and ready for the oven. These packaged biscuits may be stored in the refrigerator but not on the pantry shelf. Below are some ways of adding new interest to packaged "bake and eat" biscuits.

Upside-Down Biscuits: In the bottom of each muffin cup place 1/2 teaspoon melted margarine and 1 teaspoon brown sugar; stir. Top this mixture with 2 teaspoons drained, canned, crushed pineapples. Place "bake and eat" biscuit on top of mixture. Bake for 15 to 18 minutes at 425° F. Let stand in muffin pan 1/2 minute. Invert pan on waxed paper. Serve. (Other fruits may be used.)

Seed Biscuits: Brush top of each "bake and eat" biscuit with melted margarine. Sprinkle with toasted sesame seeds or caraway seeds. Bake as package directs.

Kitchenette Pizza: Place three "bake and eat" packaged biscuits on baking sheet, with sides touching, clover-leaf fashion. Place a 1/2 inch cube of cheese on top of each. Top each cube with 1 teaspoon chili sauce, sprinkle with grated Parmesan cheese, garlic salt or chopped garlic, and dried or fresh thyme or oregano, then with dash of salt and pepper.

Add a little salad oil or fat on each. Repeat with other biscuits in pan. Bake for 8 to 10 minutes at 550° F.



BAKERS' BREAD IN NEW RECIPES

Whole wheat bread is the best selection.

Fortified bread is restored approximately to whole-grain levels in thiamine, riboflavin, and niacin content, but there is no replacement of the other vitamins or of the copper, manganese, or other mineral elements (except iron). Enrichment or fortification does not restore the protein values which are lost in the milling processes of flour.

Snack Rolls from Bakers' Bread: Cut crusts from fresh, thin, whole wheat or white bread. Spread slices with deviled ham, cheese spread, then horse-radish. Roll and broil.

Fan-Tan Loaf: In a 10 x 5 x 3 inch loaf pan, place a day-old loaf of bakers' sliced whole wheat bread, top side up. Mix margarine with one of these: minced onion, celery or garlic. Spread between slices and on top. Sprinkle with sesame seeds, celery seeds, or paprika. Bake for 15 minutes at 425° F. (If using part of a loaf, prop it up with an inverted custard cup to hold it in an upright position in the loaf pan.)

Fan-Tan loaf with Cheese: In a 10 x 5 x 3 inch loaf pan, place a day-old loaf of bakers' sliced whole wheat or white bread, top side up. Spread slices with margarine, then grated cheese, cheese spread or cheese slices. Top loaf with a bit of mayonnaise. Sprinkle with grated cheese, then with a few sliced, young onions tossed in melted margarine. Bake for 15 minutes at 425° F.

Toast Cups: Remove crusts from slice; butter, and press into muffin tin. Bake for 10 minutes at 425° F. Fill with favorite creamed meat, fish or vegetable.

FRENCH OR ITALIAN BREAD, SEASONED

French Bread, Seasoned: Use yard-long or junior-size loaf French bread. Slash into thin or thick, diagonal or straight slices, almost through to bottom crust. Garlic may be rubbed lightly over the crust. Spread cut surface with 1/2 cup soft margarine, chopped chives or minced onion plus minced parsley (2 tablespoons each). If desired, wrap loaf in aluminum foil, partially open at top. Bake for 15 to 20 minutes at 375° F.

French Loaf with Onion-Cheese: Slash French bread into thin or thick, diagonal or straight slices, almost through to bottom crust. Spread cut surface with 1/2 cup soft margarine. Before baking, insert a thin slice cheese and onion into each cut or alternate with onion and cheese between slices. Bake for 15 to 20 minutes at 375° F.



CANNED BREADS

Boston brown bread, date-n-nut bread, and orange bread come in cans. These can be stored on the emergency shelf and used when unexpected guests arrive for breakfast, luncheon or dinner.

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